



Aromas of the Mediterranean diet

Walking among wild tapas

TAPAS - NATURE - SENSES

Aromas of the Mediterranean diet:

Walking among wild tapas

Imagine taking a walk and at the same time discovering some of the best kept secret of the famous Mediterranean Cuisine!

From ancient plants used by our ancestors to flowers used by El Celler de Can Roca today.

An easy and fun walk to enjoy the most unusual and natural green tapas that nature can provide: its wild plants and flowers! Spicy flowers, salty leafs, crisp stalks, sweet roots.

A walk to surprise your senses and to wake your untamed instincts with the most natural ingredients! A tour through nature with 6 to 8 stops where we can find different species of plants and mushrooms -according to the season and region- which are interesting from a culinary perspective and related to the Mediterranean and local cuisine.

At each stop we do a little tasting of these to learn, for example, how to taste a flower in order to perceive its subtle nuances. At the same time, we explain its traditional and modern uses in different types of cooking: from haute cuisine to novelty vegan shakes, always in a fun and interactive way.

This activity can be complemented with a Wine Pairing Among Flowers.

Duration : Walk (2,5 h – 3 h)

Place : On demand

Group: Maximum of 12 people

Price includes: Information and postactivity consultation

Travel agency GC - 004776

www.naturalwalks.com